



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
April 3, 2006

For More Information, Contact:
Susan Mormann
Division of Chronic Disease
North Dakota Department of Health
Phone: 701.328.2228
E-mail: smormann@state.nd.us

Help Kids Grow Up Healthy by Serving Healthy Snacks *Public Health Week in North Dakota Focuses on Healthy Communities and Healthy Children*

BISMARCK, N.D. – In conjunction with Public Health Week, the North Dakota Department of Health is urging parents, teachers and caregivers to help children grow up healthy by serving them healthy snacks.

Gov. John Hoeven recently signed a proclamation declaring April 3 through 9, 2006, as Public Health Week in North Dakota. The focus of this year's campaign is the impact of healthy communities on the health of children.

“Since snacks are a bigger part of kids’ diets than they were in the past, offering healthy food choices is key to helping our children grow up healthy,” said State Health Officer Terry Dwelle, M.D. “In addition, eating healthy snacks now can help prevent disease in the future.”

The Department of Health offers these suggestions for healthy snacking:

- Fruits and vegetables – Make these a part of almost all snacks served to children. Fresh fruit can be served whole, cut in half, sliced, cubed or in wedges. Canned or dried fruits are easy choices that don’t take much time to prepare. Remember: children and adults should have five servings of fruits and vegetables every day.
- Grains – Serve mostly whole grains that are low in added fats, trans fats and sugars. Pretzels and many snack crackers are made from refined grains and should not be every day options.
- Low-fat dairy foods – Choose low-fat or fat-free options to protect children’s bones and hearts.

-- more --

600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@state.nd.us

Visit the health department home page at www.ndhealth.gov.

- Nuts and trail mixes – Serve small portions, such as a small handful, since these are high in calories. Nuts and trail mixes can be served with another snack, such as dairy or fruit.
- Beverages – Water is the best drink to serve at snack time. Other options include fat-free or low-fat milk or small portions of 100 percent fruit juice.

Governor Hoeven's *Healthy North Dakota* initiative focuses on the importance of healthy living and healthy communities by challenging the state's citizens to take control of their health – to exercise more, to eat a healthy diet, to examine their use of tobacco and alcohol. The initiative provides the framework supporting North Dakotans in their efforts to make healthy choices by focusing on wellness and prevention anywhere people live, learn, work and play.

“Healthy snacks are an important part of a healthy day,” said First Lady Mikey Hoeven, spokesperson for *Healthy North Dakota*. “Parents can avoid buying junk food. Caregivers can offer fruits and vegetables at snack time. And teachers can encourage their students to bring healthy snacks to school. By helping our children grow up healthy and strong, we all are helping to build a *Healthy North Dakota*.”

For more information about healthy snacks, contact Susan Mormann, Division of Chronic Disease, at 701.328.2228. For more information about *Healthy North Dakota*, contact Melissa Olson, director, *Healthy North Dakota*, at 701.328.2372.

-- 30 --

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.nddohpressroom.gov.